

Health and Wellness Day 2012

at the Mountain View Senior Center

Thank you to all of our speakers, presenters, organizations, and attendees who participated today! We hope that you were able to learn, participate, and gather new ideas and resources for your health and well-being!



UPCOMING EVENT!

Join us in September for our
Senior Resource Fair!

SENIOR RESOURCE FAIR

Mountain View Senior Center
266 Escuela Avenue, Mountain View, CA

Thursday, September 27, 2012
2:30pm-5:00pm

- Social Security Administration
- Blood Pressure Screening
- Home Care Information
- Book Mobile
- Health Information
- Transportation Information
- Legal Information
- Volunteer Opportunities
- Appointments with the Health Insurance Counseling Advocacy Program (HICAP) volunteers to have all your health insurance questions answered!
...and much much more!

This event is **FREE** and open to the public!

Light refreshments will be available.

There will be a **FREE Raffle** for a chance to win fabulous prizes!

Call 650.903.6330 for more information or to make an appointment.

SEE YOU THERE!



City of Mountain View
Senior Center
presents...

Senior Health & Wellness Day

Program Schedule

Saturday, August 11, 2012

10:00 a.m. - 2:30 p.m.

City of Mountain View Senior Center
266 Escuela Avenue, Mountain View, Ca 94040

Review
this program and
choose your
path for today!

Special thanks to the Kiwanis Club
of Mountain View for their
generous contribution
towards this event

10:00 a.m. Welcome Social Hall
10:30 a.m. Keynote Speaker, Jeanne Dowell Social Hall

Jeanne Dowell is living proof that yoga and an attitude of gratitude is the fountain of youth. At the age of 82, Dowell teaches six yoga classes a week, runs a business with her daughter, snow skis, hikes in the High Sierras and generally lives as if she were in the prime of her life.



Sessions are 25 minutes each. Each room has a maximum capacity and we ask that all participants arrive on-time to sessions. Most sessions are offered at the two times stated unless otherwise noted with *. All programs and screenings are free. Enjoy!

11:00 a.m. & 1:00 p.m.

Fun Walk in the Park with Mayor Kasperzak*.....Courtyard
*11:00 a.m. only**

Exercise and Nutrition*.....Social Hall
*El Camino Hospital, 11:00 a.m. only**

Basics of Stretching & Adaptive Exercises.....Multi A
Cindy Chu

Discover the Joy of Improv and Storytelling*.....Multi B
Stagebridge, Improv at 11:00 a.m. and Storytelling at 1:00 p.m.

11:30 a.m. & 1:30 p.m.

Container Gardening.....Social Hall
Santa Clara Master Gardeners

Zumba.....Multi A
Marla Yonamine

Emotional Wellness*.....Multi B
*El Camino Hospital, 11:30 a.m. only**

Tai Chi and Qigong.....Dance/Movement
Olivia Wang

12:00 p.m. & 2:00 p.m.

Increasing Daily Fruit and Vegetable Intake.....Social Hall
Second Harvest Food Bank

Yoga.....Multi A
Miki Bouso

Music for Health*.....Multi B
*Stanford University, 12:00 p.m. only**

Puti-Meditation*.....Multi B
*William Tseng, 2:00 p.m. only**

Ongoing Health Screenings (11:00 a.m. - 2:30 p.m.)

Fitness Assessments.....Meeting Room
Mimi Ly, Curves

Blood Pressure Readings.....Counseling Room
Rukmani Sahy, Stanford

Dental Screenings.....Arts & Crafts Room
Bob Rutner, Rutner Dental

Vision Screenings.....Arts & Crafts Room
Steve Tong, First Sight Vision

Hearing Screenings.....Conference Room
Brook Rasguskus, Pacific Hearing of Los Altos

Other Healthy Happenings

Visit the Social Hall for a “Dance For Health” Line Dancing Demonstration at **12:30 p.m.**, play table tennis in the courtyard, or visit one of the following *informational booths* located in the Gallery from

11:00 a.m. - 2:30 p.m.:

Bay Area Older Adults, Bike and Pedestrian Safety, Wii Bowling, Humane Society of Silicon Valley, Mountain View Senior Center